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NEWS
WORTH
SHARING.

Can I get a woof-woof?

Some chants are good: King of late night Arsenio Hall returns after 20-year hiatus

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Close call for glider pilot

Air cadet crash-lands on roof of Langley convenience store, barely avoiding power lines

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Lions trade for veteran QB

B.C. swaps receiver Akeem Foster for injury-plagued Buck Pierce

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BITCOIN GOING 'GRANDMA-FRIENDLY'

KIOSKS COMING TO CANADA TO TAKE SKETCHINESS OUT OF BUYING AND SELLING BURGEONING DIGITAL CURRENCY

PAGE 10



Canada's Carol Huynh takes down Isabelle Sambou of Senegal to win the bronze-medal match in 48-kg women's freestyle wrestling at the 2012 Olympic Games in London. Wrestling has been reinstated for the 2020 and 2024 Olympics. FRANK GUNN/THE CANADIAN PRESS FILE

Wrestlers cheer return to Olympics

IOC vote.

SFU alum helped lobby for sport's inclusion in future Summer Games

Local wrestlers are celebrating their sport's comeback after the International Olympic Committee voted Sunday to keep wrestling in the ring for the 2020 Tokyo Summer Games.

"Everybody's excited," said former Olympian Justin Abdou, a wrestling coach at Simon Fraser University, home to the Lower Mainland's strongest wrestling squad of 25 men and 25 women.

"Most of them have some sort of hopes that one day they'll have the chance to represent their country."

It was a shock when the IOC unceremoniously dropped wrestling from its core sports in February, so there's a sense of relief to be back, Abdou said.

"For our sport, because

there are no professional leagues and no lucrative contracts, the Olympic Games is our showcase event," he said.

Wrestling's victory against the squash and baseball/softball bids was especially sweet for SFU because two of its graduates helped convince the IOC to change its mind.

"FILA (the International Federation of Associated Wrestling Styles) picked five people to represent wrestling from the world and two were from SFU — it was definitely a pretty proud moment," he said, acknowledging the efforts of 2008 gold medalist Carol Huynh and 2000 gold medalist Daniel Igali.

But the fight to stay on the Olympic mat isn't over. Even though the IOC granted wrestling a spot until 2024, it is no longer on the guaranteed list. FILA will have to continue campaigning despite wrestling's history in both the ancient and modern Olympics.

EMILY JACKSON/METRO

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Millions on the line. Divorce trial of Canucks owner begins

The personal and business affairs of one of Canada's NHL owners is about to be thrown into the public arena in a high-profile divorce trial that will offer a glimpse into Francesco Aquilini's private life, his failed marriage and his financial stake in the Vancouver Canucks.

But many of the most provocative aspects of the case — including allegations of adultery and the inner-workings of the Canucks and the Aquilini family business — will likely remain hidden from public view, despite a trial that could stretch on for as long as six weeks as a judge decides the fate of millions of dollars in assets.

A judge has already ruled allegations that Francesco Aquilini cheated on his estranged wife, Taliah Aquilini, cannot be presented at trial, while many financial records related to the hockey team and the Aquilini Investment Group will likely remain sealed.

The couple's divorce trial is scheduled to begin in Vancouver on Monday in B.C. Supreme Court.

Francesco and Taliah Aquilini were married in 1994, but they have been separated since January 2011. They have four children together, while Francesco has a fifth child from a previous marriage.

Taliah and Francesco each filed for divorce, and remain deeply divided on the custody of their children and the division of assets, both in terms of which assets should be considered and how they should be divided.

Those assets include vacation properties, an expensive wine collection, and — perhaps of most interest to the public — Francesco's ownership shares in the Aquilini Investment Group.

THE CANADIAN PRESS



Firefighters and an RCMP officer stand on the roof of an apartment building and convenience store where a glider crashed in Langley on Sunday. An air cadet was on a training exercise at the time of the accident. DARRYL DYCK/THE CANADIAN PRESS

Crash landing in Langley

Air cadet suffers minor injuries. Cause being investigated after glider comes down hard on top of building

The unidentified air cadet who survived crashing his glider onto the roof of a convenience store in the Fraser Valley city of Langley is an experienced pilot certified by Transport Canada, says an officer with the national organization.

Emergency officials were called just before 10 a.m. Sunday to the scene of the accident located about 50 kilometres east of Vancouver, in a residen-

tial neighbourhood and near an intersection surrounded by power lines.

Upon arrival, they found the glider intact but damaged and on the roof of a convenience store.

The unidentified cadet was taken to hospital with what emergency officials described as minor injuries, and Capt. Amelie Leduc, a cadet spokeswoman, said her organization's directorate of flight safety is investigating.

"We're very thankful that he is alive and that he is safe," said Leduc. "This was a normal training flight that occurs that this cadet in particular has done many, many times."

Leduc said the cadet holds

Cadet program

Leduc didn't release the age of the cadet but said pilots must be 16 years old to be qualified by Transport Canada and her organization trains youth until they are 19.

- Leduc called the program safe and rigorous, saying her organization conducts about 5,500 glider flights annually and similar accidents are not common.

two Transport Canada licences, one of which is for a civilian pilot, and the glider is owned by the Air Cadet League of Canada.

She said the pilot took off from the nearby Langley Regional Airport but couldn't say exactly when, although she noted a normal flight is about 15 minutes.

Bob Scott, deputy fire chief of Langley City Fire-Rescue, said the flat roof of the building on which the glider crashed covered an area just 18 metres by 7.5 metres in size.

"We're not sure if it was luck or skill that got him to set the glider down on the roof," said Scott, noting the close proximity of the intersection and power lines. "It could have been a considerably different scenario had that glider come in contact with those power lines." THE CANADIAN PRESS

10,000 beta testers start tapping Compass Cards

Public curiosity about the new Compass Card system exceeded all of TransLink's expectations, with thousands of eager "Beta Testers" tapping into the system just for fun even before Monday's official start date.

Mike Madill, TransLink's vice-president of enterprise initiatives, said the initial plan was to mail the cards out to 5,000 testers for the beta phase, which runs until Oct. 1. But after getting more than 15,000 applications, they doubled the number of testers to 10,000.



"Tap in, tap out, the tapper" could be the jingle for TransLink's 10,000 beta testers. JENNIFER GAUTHIER/FOR METRO

"The public has been after us to have a smartcard for some time, and I think they're just

really excited that we're finally getting one," Madill said, noting that 4,100 taps were registered by the system on Friday alone.

"This is a really important step that we're embarking on in operationalizing this project."

Beta testers must still carry official fare media, but starting Monday they will also start tapping in and out of the system with the cards, generating data TransLink will then use to iron out any kinks in the system.

The cards can be tapped on card readers on buses, at fare gates at SkyTrain and SeaBus stations, and on validators at SkyTrain and West Coast Express stations that do not have fare gates.

Madill said the plan is to start selling the cards to small groups of customers late in the fall, and gradually increase those numbers over the winter.

By spring TransLink will begin phasing out the 150 different tickets and passes that are used today. KATE WEBB/METRO

1 NEWS

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Frosh week. UBC to probe reports of pro-rape chant

The University of British Columbia will investigate reports that a chant endorsing non-consensual sex was recited during frosh week, officials say.

A statement on the school's website says it's alleged the chant was made on one or more buses taking students between events during orientation activities run by the UBC Commerce Undergraduate Society.

The statement says a "thorough investigation" will be conducted jointly by the Sauder School of Business and the office of the vice-president, and any disciplinary measures will follow the university's policy for non-academic misconduct.

The university also says it will take steps to educate students about the harm caused by such behaviour.

"This is of grave concern to all members of the UBC community," the statement says.

Under fire

- A similar incident at Saint Mary's University in Halifax prompted the resignation of the president of the student association.

- There was a national outcry after a video was posted on Instagram showing a frosh-week chant glorifying the sexual assault of underage girls.

"Such behaviour would be completely inconsistent with the values of UBC and the Sauder School of Business and completely inconsistent with the instruction that the Commerce Undergraduate Society receives on appropriate conduct prior to FROSH."

THE CANADIAN PRESS

Court battle beginning. Teachers seek damages from province

The latest court battle waged against the province by the teachers' union could ding taxpayers for \$6 billion to start, the government says.

That cost will be ongoing because the union's demands to have its contract provisions restored to 2002 levels of class-size limits and staffing ratios would require more funding, the province said in court documents as part of a B.C. Supreme Court trial starting Monday.

The Liberals stripped the teachers' agreement in 2002 when it bypassed collective bargaining and enacted legislation that led the union to launch two successful court challenges. In the second ruling in 2011, a B.C. Supreme Court judge said the government did not have the authority to gut bargaining rights guaranteed in the charter.

The 2002 contract-cutting legislation also included health-care workers who, along with

By the numbers

\$500M+

The B.C. Teachers Union agrees in court documents that reinstating the provisions will cost more than the government's initial \$500-million estimate.

teachers, launched a Supreme Court of Canada challenge against the province and won their case five years later.

In 2008, the government paid \$85 million in compensation to four health-care unions, including the Hospital Employees Union, which received \$68 million of that money.

However, there was no agreement between teachers and the province. Teachers have been without a contract since June, and negotiations are on hold pending the court case, which is scheduled for 19 days.

THE CANADIAN PRESS

Coroner investigating

Man drops dead at after-hours club

The BC Coroners Service is investigating after a man died at an after-hours nightclub on Sunday. The 58-year-old collapsed on the floor at Gorgo-Mish at 600 Smith St. at about 6 a.m.,

Vancouver police spokesman Sgt. Randy Fincham said. Paramedics were unable to revive him, and he was pronounced dead at the scene. Unless the death is determined to be suspicious, the coroners will continue to run the investigation, Fincham said. The man's name is not being released.

EMILY JACKSON/METRO



A man checks out the sobriety toll on Sunday at the second annual Rally for Recovery at the Vancouver Art Gallery. Organizers added up the years, months or days that rally attendees had been sober. EMILY JACKSON/METRO

Hundreds rally to end stigma of addiction

Rally for Recovery. Organizer calls on Ottawa to declare national recovery month



EMILY JACKSON
emily.jackson@metronews.ca

Whether you've been sober for years, months or minutes, recovery from addiction is possible.

That was the message at Vancouver's second-annual

Rally for Recovery, an event that has gathered momentum across the country in its bid to eliminate the stigma surrounding addiction and build awareness about recovery.

"This is all about bringing light to something that's been so long in the dark," organizer AnnMarie McCullough said, adding it's "a dream" to see the event she helped found in 2012 expand to 12 cities this year.

On top of that, Mayor Gregor Robertson and Premier Christy Clark proclaimed Sept. 8 "Recovery

Day" in Vancouver and across B.C. McCullough's next goal is to get Ottawa to declare September national recovery month, which the U.S. government has recognized for more than 20 years.

It was emotional for McCullough, a North Vancouverite who has been sober for five years after an addiction to alcohol and cocaine and the city's party scene, to see a few hundred people gather at the art gallery.

With the increased attention, she hopes there will never be another person

ashamed to ask for help. Not that it's easy. People in recovery shared stories of breaking their families' hearts and losing everything before finding a path to sobriety.

"I never thought that as a lowlife junkie I'd be able to stand up here and say I'm five years clean," one man said to loud applause.

Park board commissioner Constance Barnes, an alcoholic who has been sober for four years, took the stage to advocate for government to increase support and treat addiction as a disease.

Privacy not a concern for Big Brother hopefuls

In a world full of NSA scandal and closed-circuit televisions, it's still just not enough cameras for some Canadians.

Hundreds of reality TV hopefuls lined up on Sunday from 6 a.m. to 2 p.m. at Metro-town in Burnaby to audition for season two of Big Brother Canada.

Some aimed to leave an impression — such as dressing in a bee costume — while others relied on their winning personalities to bring a gleam to the interviewers' eyes.

Harold Williams Jr. is one such aspiring star. He's a Vancouver stay-at-home dad who wants to bring some of his

mind games to the house.

"I'm going to be doing lots of plotting, doing lots of scandals and all that good stuff," he said. "Hopefully, I can win and get to be a lot more rich."

Williams Jr. says he is a longtime fan of the show, which he watches with his fiancée, Kathleen Sanderson, whom he tried to bring with him to the audition, but she "absolutely did not want to do it."

"She's still supporting me, though," he said, laughing.

Rebecca Phillips said her social skills and experience living with "challenging people" gives her an edge.



Harold Williams Jr. planned to bring some mind games to his audition for Big Brother Canada on Sunday. SAM SMITH/FOR METRO

"I think I can bring a good social game," she said. "I

make friends easy, and I think people will like me."

Asked how he would feel about being monitored 24 hours a day, Chris Fracchia said he has nothing to hide.

"I might have to watch my mouth a bit, but I'm not bothered by the cameras," he said.

Big Brother Canada pits strangers from all walks of life against each other in the same house for up to eight weeks. Then they're slowly eliminated one-by-one.

The last "houseguest" wins a grand prize of \$100,000.

The new season premieres in winter 2014 on Slice.

SAM SMITH/FOR METRO

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School set to punish pair over rape chant

Saint Mary's. University says investigation may send yet more students to disciplinary hearing



ANDREW RANKIN
Metro in Halifax

Halifax's Saint Mary's University is coming down on two of its students for their alleged role in the pro-rape chant that sent shock waves across the country last week — and they might not be the only ones.

University spokesman Steve Proctor said on Sunday that the pair will be facing a disciplinary hearing in the next 10 days after a student came forward with a complaint on Friday.

He also said the investigation could lead to other stu-



Jared Perry, who stepped down as president of the university's student union, takes questions from the media on Thursday. JEFF HARPER/METRO IN HALIFAX

dents being punished.

"If the investigation warrants or something comes out of the hearing that warrants further action, the possibility of further action enhances," said Proctor.

The incident, which was captured on video and led to the resignation of the university's student-union

president, Jared Perry, shows a large group of students participating in a chant promoting non-consensual sex with minors.

"Y is for your sister ... U is for underage, N is for no consent," the mob sings.

A date for the closed-door hearing has not been released.

Severity

University spokesman Steve Proctor said the pair could face anything from fines to suspension or expulsion.

The disciplinary panel will consist of the school's disciplinary officer, a student representative and a student administrator.

The students' identities are not being released as per the university's confidentiality rules.

Perry's resignation on Friday came as a surprise, as he publicly refused step aside on Thursday.

Carrigan Desjardins has also announced she is stepping down from the position of VP Student Life. Desjardins was responsible for the Saint Mary's University Frosh Week Program.

Bad luck. Rubber ducks buck barrier, run amok

Organizers of the Great Manitoba Duck Race need help getting their ducks in a row.

More than 13,000 little yellow rubber duckies were released onto the Assiniboine River Saturday as part of a fundraiser for the Assiniboine Park Conservancy (APC), but unfortunately a whole lot of those ducks didn't want to get out of the water once the race was done.

"We had professional-grade oil booms that spanned the width of the river and we had kayakers in there as well, but the current was so strong it pushed some of the ducks over the barrier," explained

Stuck plucking

6,500

Organizers estimated about 6,500 rubber ducks got loose during the race, with roughly 500 remaining at large Saturday.

Laura Curtis of the APC, estimating about 6,500 ducks got loose and continued their leisurely swim down the river.

"It was a windy day ... and we didn't have any way of predicting this would happen."

The City of Winnipeg helped the APC collect about 6,000 of the ducks Saturday.

SHANE GIBSON/METRO IN WINNIPEG



Organizers of the Great Manitoba Duck Race are still trying to track down stray rubber duckies after thousands got loose. COURTESY ASSINIBOINE PARK CONSERVANCY

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'Common sense test' points directly at Assad: White House

Syria. White House chief of staff makes case for U.S. strikes in Syria, with lawmakers to vote on military action this week

U.S. President Barack Obama's top aide on Sunday pressed the case for "targeted, limited consequential action" to degrade the capabilities of Syrian President Bashar Assad to carry out chemical-weapons attacks as the White House mounted a major push to win support from a divided Congress and skeptical American public for a military strike.

White House Chief of Staff Denis McDonough asserted that a "common sense test" dictates that the Syrian government is responsible for a chemical-weapons attack that Obama says demands a U.S. response.

But he said the Obama administration lacks "irrefutable, beyond-a-reasonable-doubt evidence" that lawmakers who will start voting on military action this week are seeking.

"This is not a court of law. And intelligence does not work that way," McDonough said, part of a five-network public-relations blitz Sunday to build support for limited strikes against Assad. "The common-sense test says he is responsible for this. He should be held to account," McDonough said of the Syrian leader who for two years has resisted calls to step down.

The U.S., citing intelligence reports, says sarin gas was used in the Aug. 21 attack outside Damascus, and that 1,429 people died, including 426 children.

Obama has scheduled six network interviews on Monday and then a nationally televised speech from the White House on Tuesday, the eve of the first votes in Congress.

THE ASSOCIATED PRESS



In this citizen-journalism image, which has been authenticated based on its contents and other Associated Press reporting, a Free Syrian Army fighter stands on a damaged military tank in Zabadani, near Damascus, Syria, on Sunday.

THE SYRIAN REVOLUTION AGAINST BASHAR ASSAD/THE ASSOCIATED PRESS

Search authority

Surveillance-court ruling allowed NSA search of domestic email, report says

The Obama administration quietly won permission from a surveillance court in 2011 for the National Security Agency to search deliberately for Americans' communications in its huge databases of intercepted phone calls and emails, according to a published report.

The Washington Post reported Saturday that officials in 2011 got the court to lift the ban on those kinds of searches, which the court imposed in 2008 at the government's request.

The search authority has been used, the Post reported, noting that the permission to search and keep data longer expanded the NSA's authority in significant ways without public debate or any specific authority from Congress.

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Being open to new culture helps newcomer adapt

While newcomers face many challenges in a new country, Muhammad Adnan sees the positive side of his hard work over the past year, juggling day and night jobs. "I never had time to notice the snow since I went from my work to the bus stop to my next job," laughs the native of Faisalabad, Pakistan. "That's good, because it is very cold here."

Adnan has kept this upbeat attitude since he arrived in Saskatoon. Although his previous career was a risk officer in a commercial bank, Adnan quickly found work as a construction site supervisor. When the prairie winter halted building work, Adnan trained as a tax preparer at a tax return agency and later added a night shift at a pizza shop to pay the bills and support family back home.

"As an immigrant, we have to work hard," explains Adnan, who holds a Masters degree in finance. "Prepare your mind, because whatever you find, you just have to do."

But Adnan notes that his long hours of work and study helped him gain an understanding of Canadian culture, which is critical to finding a job in your own profession. "The main thing is to know the culture," he says, noting that he's made friends who are Canadians, Indians and Nepalese. "It's also good to go to immigrant associations since they help introduce you to the community."

For example, in his part-time job checking tax filer returns, he's learnt the importance of delivering good service to make customers feel comfortable. "Often clients come in worried or angry, but if you treat them in a friendly way and explain everything, you can make them more relaxed."

Adnan also observed this when he accompanied a classmate to open an account at Scotiabank's Commercial Banking and Main Branch in Saskatoon. They were pleasantly surprised that Sarah Rowe, Personal Banking Officer, took her time to patiently explain the banking options for newcomers. "She answered all our questions, and re-explained things until you got it, including how immigrants can get a credit card and mortgage."

Adnan was so impressed that he made another appointment with Sarah to open his own Scotiabank® account through the **Scotiabank StartRight®** Program¹. The program includes a free day-to-day bank account for one year², a wide range of credit card options³ and a number of other customized services and benefits.

"I had opened an account at another bank, but they just gave me a form to sign and that's it. They didn't explain how to build credit or get car financing⁴,"

recalls Adnan, who has since switched his account to Scotiabank.

While Adnan continues to look for work within his field, he's optimistic that his efforts will pay off. "Everyone has to start somewhere, but to get a good job or achieve your goals you've got to get to know the people and the culture. All your hard work will reward you if you think positive."

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Finance professional Muhammad Adnan is busy adapting to life in Canada, by learning the culture and seeking practical advice from Scotiabank.



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³ Subject to meeting Scotiabank's credit criteria and security requirements. An unsecured credit card may be available up to certain credit limits; a secured credit card requires security equal to 100% of approved credit limit for Foreign Workers and Permanent Residents and 120% of approved credit limit for International Students. Credit card security can be cash security, Canada Savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority.
⁴ Currently the **Scotiabank StartRight Auto Finance Program** is available through select car dealerships in Canada. Special financing rates are available from the following manufacturers: Kia, Chrysler, General Motors, Hyundai, Jaguar/Land Rover, Mazda, Mitsubishi and Volvo. This program is only available for Landed Immigrants and Foreign Workers who have been in Canada for less than 3 years. Subject to Scotiabank financing terms and conditions. Downpayment required.
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¹ The **Scotiabank StartRight** Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.

Bitcoin ATMs are coming to Canada

Digital currency. Kiosks will make buying and selling Bitcoins easier

The first time Ryan Johnson bought Bitcoins — an emerging digital currency that isn't controlled by any authority such as a central bank — was with a pocket full of cash from a stranger he had met online.

"It was almost like a sketchy drug deal," recalls the 31-year-old Vancouver resident.

Since that first transaction in January, Johnson has been exchanging his Canadian cash for digital currency at Bitcoin-iacs, a physical store in Vancouver that acts like a Bitcoin broker.

"It's just much more comfortable to go sit down in an office at a brick-and-mortar building with a professional that knows a lot about Bitcoins, do a professional transaction and get a receipt for it," says John-

Quoted

"Our goal is to make Bitcoin truly grandma-friendly."

Jordan Kelley, CEO of RoboCoin, which makes the Bitcoin kiosks

son. "It's reassuring."

Soon, Johnson and other Canadian Bitcoin enthusiasts will be able to exchange Canadian cash for the digital currency through a kiosk that's similar to an ATM.

Bitcoin-iacs says it has ordered five Bitcoin kiosks from a Las Vegas-based company called RoboCoin and intends to roll them out across Canada in the coming months, with the first machine expected to land in Vancouver in early October.

Four more kiosks will arrive in December and although their locations are not yet certain,

Bitcoin-iacs says it's eyeing major Canadian cities such as Toronto, Montreal, Calgary and Ottawa.

"Basically, it just makes it easier for people to buy and sell Bitcoins and hopefully will drive the adoption of Bitcoin, and make it more accessible for people," says Mitchell Demeter, the 27-year-old owner of Bitcoin-iacs.

Bitcoins are mathematically generated through a series of commands executed by computers in a peer-to-peer network. The process is called Bitcoin "mining" and is set up so the total number of Bitcoins that can ever be generated is limited to about 21 million.

THE CANADIAN PRESS

Bitcoin kiosks made by RoboCoin will arrive in major Canadian cities starting this fall.
COURTESY ROBOCOIN



Sky-high strike comes to an end

The world's largest radio telescope will resume operations Monday after workers ended a 17-day strike. The observatory, pictured above, is known as the Atacama Large Millimeter/Submillimeter Array and is located on a remote plateau above Chile's Atacama desert. It searches for clues about the dawn of the cosmos — from the coldest gases and dust where galaxies are formed to the energy produced by the Big Bang — and is jointly funded by the U.S., Canada, Japan and Europe. Chilean observatory staff reached an agreement with Associated Universities Inc. that includes reduced hours and a bonus for high-altitude work. THE ASSOCIATED PRESS FILE

Bucharest, Romania

Canadian gold mine generates controversy

Thousands of Romanians demonstrated on Sunday both for and against a

planned Canadian gold mine that would use cyanide in the extraction process. The project would create the biggest gold mine in Europe, razing four mountains to make way for an open pit mine.

Supporters say the mine would bring vital jobs and

investment to a deprived area in northwest Romania. Opponents say it will present an environmental risk. "Save Rosia Montana," some 2,500 protesters against the mine shouted Sunday, referring to the town where the gold mine would be. THE ASSOCIATED PRESS

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NO POINTS FOR GRIZZLY KILL

Behold the noble grizzly, ursus arctos horribilis.

One of nature's most awe-inspiring predators, the grizzly bear can grow up to 2.5 metres and weigh up to 365 kilograms. Despite all that bulk, the grizzly bear can run up to 48 kilometres an hour.

Behold Clayton Stoner: NHL defenceman. He's six foot three and weighs 213 pounds. He was drafted 79th in the 2004 NHL draft and last year totalled 10 points, all of them assists. Zero goals.

On paper, it looks like a mismatch. But Clayton Stoner has one thing the grizzly cannot defeat.

A high-powered rifle. So Clayton Stoner is able to kill a bear, cut off its head and paws and leave the rest behind to rot.

Forget that the species is endangered just about everywhere but B.C. and Alaska.

Forget that this is "Super Natural British Columbia," and



URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

there's nothing more super and natural than the grizzly bear. Grizzlies are fair game in B.C.

Forget that First Nations are trying to ban grizzly hunting on their traditional lands.

Forget that the bear shot by Clayton Stoner was affectionately known by First Nations people as "Cheeky." Not what you could ever call a pet, but well-known around the neighbourhood.

Forget that grizzlies are among the most magnificent creatures on the planet and Clayton Stoner is not.

He gets to kill Cheeky and there's nothing the bear — or you and I, for that matter — can do about it.

Cheeky's head is destined to end up on a plaque over Clayton Stoner's mantle. And that's the ignoble end to a noble creature.

Of all human foibles, trophy hunting is among the least, er, bearable. Rich idiots who think "outdoors" is where you go to kill your fellow creatures, not for food but for taxidermy.

Bull's-eye on his back

The grizzly bear is one of the most coveted targets. About 200 were killed last year and that's worth about \$12 million to the economy.

Even more bizarre, there's a huge industry attached to it. Hunting is worth \$350 million to the B.C. economy every year. It's a regular creature holocaust: permits are issued for 40,000 moose, 25,000 elk, more than 130,000 deer. Never mind all the ducks, grouse and pheasants. If it's wild and is not a skunk, it's in danger.

The grizzly bear is one of the most coveted targets. About 200 were killed last year, and that's worth about \$12 million to the economy. No wonder there was a big old bull's-eye on Cheeky's big old back.

I guess I can't suggest that Clayton and his buddies go into the woods with their hockey sticks and see how it comes out.

But at least it would be a fair fight.

ZOOM

Squeak my ride: Skater mice



TIM MARSDEN/REX FEATURES

Stunt mice learn new tricks

Daring, athletic, and super cool — this mouse is from an elite sports training camp in Australia, run by coach Shane Willmott. The instructor had previously taught his furry students to surf, but for winter has switched them to a rodent-only skate park where they practise on ramps and even a wheel of fire. **METRO**

Talking to a trainer



"Mice are built to surf and skate because their centre of gravity is so low. When they do fall off, they want to get straight back on board."

Shane Willmott, 42, rodent coach

Other tails of talent

- **Jumpy.** A collie in a YouTube smash can skate, surf, dive and perform handstands.
- **Moscow cat theatre.** The only one in the world, with its performers known for tightrope skills.

Worth Mentioning

Kijiji pressed to end sales of household pets

Canada's largest classified website is under pressure to ban the sale of household pets as part of a Montreal woman's quest to put an end to puppy mills.

Barbara Lapointe, a mother who operates a dog-walking business, wants Kijiji instead to promote adoption from registered animal rescue groups and individual families.

Lapointe's online petition, posted on the website Change.org, had collected nearly 48,000 signatures by midday on Sunday.

Lapointe is also trying to



A Yorkie rescued from a puppy mill is shown in Dania Beach, Fla. **THE ASSOCIATED PRESS**

get her local municipality, the Town of Mount Royal, Que., to ban the sale of animals in pet stores. She said cracking down on pet stores would eliminate a major marketplace for puppy mills, but even then illegal breeders would "still be able to resort to online sales."

Kijiji Canada has no plans to change its policy.

THE CANADIAN PRESS

Twitter

@metropicks asked: Kijiji is being pressured to end sales of household pets. Should online pet sales be banned?

@readstooswift: Yes, because there's no way to track the credibility of those selling pets online.

@MyBoyMaple: No way! See my profile pic? My dog is named Dominoe. Got him off Kijiji. Love this lil guy. Kijiji should keep on.

@Barbara_: my dog was bought on Kijiji, couldn't ask for a better pet!

@variableYY: Must the Man control

every part of our lives? Leave online trading alone!

@KikuAnne: No, because then people who need to find a new home for pets can't find their audience. Ban the mills, not the method of sale.

@LorissaDowdell: no way. Rescue animals are posted on there. They need loving homes too

@GeorgeleonBC: The control should be with purchaser. See any issues, walk away and report to SPCA

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

SCENE 2

Hall ready to have a ball

Return to late night.

Host who ruled the early '90s is back and ready to pursue his dream in a modern, crowded field of shows

Did fate decree that Arsenio Hall would return to late night after two decades' absence?

If so, he's answering that comeback call today with the premiere of *The Arsenio Hall Show* (syndicated; check local listings for time and channel).

And he's itching to get going.

"You know how certain things make you nervous?" he asked recently. "I don't like to fly, but once I'm on the plane and we're over the Rockies and I'm watching a movie, I'm fine. "Right now I feel like I do when I'm in the airport."

It was in 1987 that a then-unknown Hall, briefly stepping in for Joan Rivers' short-lived Fox talkshow, took flight as the cool, hip alternative to NBC's *Tonight Show* titan Johnny Carson.

Then, in January 1989, he debuted with his own syndicated late-night show against Carson.

He proved a formidable rival with his party atmosphere (the Dog Pound audience greeted him with "woofs" and other animal sounds as well as applause) and a wide range of guests, including presidential candidate Bill Clinton (sporting shades and wailing Heartbreak Hotel on his sax) and basketball



It's hard to believe Arsenio Hall is 58. PHOTOS: THE ASSOCIATED PRESS

great Magic Johnson shortly after announcing he was HIV positive.

But by 1994, Hall was facing new competition from *Tonight* host Jay Leno and David Letterman on CBS. With ratings slipping, he announced he was leaving the late-night arena, and, gracefully, he did.

In the years that followed, he kept a low profile. A sitcom came and went.

He hosted *Star Search* for a season. He co-starred on the CBS drama *Martial Law* for a couple of years. He did standup.

He also devoted himself to his son, Arsenio Jr., now 13, whose mother is Hall's ex, former manager and down-the-street neighbour Cheryl Bonacci.

"I love being a dad," he said. "When kids got together at Chuck E. Cheese, there were a lot of mothers — and me."

What's in a name?

As part of his strategy to reintroduce himself, Hall became a contestant on *The Celebrity Apprentice* early in 2012 — and ended up not only gaining the exposure he sought, but also winning the competition. Even so, do enough viewers know who he is — or remember him — to get his new show off the ground?

"When people ask that, I'm like, 'Well, NO ONE knew me the FIRST time!' I used to joke that people thought Arsenio Hall was a dorm at UCLA. So don't I have a better shot THIS time?" he asked.

But Hall yearned to return to late night. In June 2012 he announced it was happening.

"People say, 'How did you know when to do it?' Several times before I had tried!"

False starts included a meeting with studio bigwigs he skipped because his son was sick. Or the nail in a piece of sushi that broke his tooth the night before an all-important guest-hosting gig.

"Signs like that," Hall said, "seemed to mean I wasn't ready yet."

Now he's sure he's ready, whatever skeptics may say.

"I hear all the long-shot talk: 'This is an impossible thing to do after all this time. The field is so crowded.' But I still have to pursue my dream!"

THE ASSOCIATED PRESS

Review

Who: Rizzle Kicks

Where: iTunes Festival

When: Friday, Sept. 6

With cusses borrowed from Cockney rhyming like "We don't give a Daffy Duck," you can be sure you are not listening to the most bad-assed hip-hop out there when taking in Rizzle Kicks' iTunes Festival performance.

They started off weak, encouraging the audience to, "jive jive jive," but it was almost like they couldn't quite believe their own commands. Things picked up once they got to the ska-influenced *Wind Up*, with its repeated build ups and break downs creating a level of excitement in the crowd that was palpable, even from this reviewer's seat (which would be at my computer. In Toronto.) Overall they showed themselves to be affable lads, even if the whole thing did feel a bit like a commercial for Hip-Hop Lite.

EMINA GAMULIN/METRO

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Who gave this kid a Kar (dashian)? And a mea culpa from us

THE WORD

Alexandra Cavallo
scene@metronews.ca

I was going to write something about how sick I am of the Kardashians' absurdly public exploits, but then I remembered that if those bozos stopped fighting publicly/having huge butts/marrying athletes and rappers/etc., I'd have a much harder time finding things to write about for this column.

And since I'm writing this particular column on a Sunday, with last night's cocktails still sloshing around in my bloodstream, I was pleased that Kendall Jenner did not disappoint this weekend.

Kendall was apparently taking video selfies of

herself while driving on Friday. How do we know this? The little brainiac posted these videos of herself to the Internet. The vids show Kendall making duck faces that she definitely thinks are adorable and sexy eyes (that were definitely not focused anywhere near the road) which is the place that eyes (sexy or otherwise) should be focused when one is operating a motor vehicle.

Please take a nice long minute to consider the fact that a 16-year-old girl had a \$110,000 car and you're probably reading this with your face in some guy's sweaty armpit on a bus on your way to a job that doesn't involve being famous for a living.

Editor's note: apparently we do not keep up with the Kardashians quite as well as we think we do.

In Friday's Word, we mistakenly wrote that Lamar Odom is married to Kourtney. He is married to Khloe. Though maybe not for long.



Liam Hemsworth.

ALL PHOTOS GETTY IMAGES

They won't be twerking down the aisle

All the attention Miley Cyrus has gotten for her steamy MTV Video Music Awards performance with Robin Thicke has apparently distracted onlookers from the fact that her engagement to Liam Hemsworth is pretty much over, according to Us Weekly.

The Australian actor is, "Just weeks away from calling it off permanently," a source says. "He is over her and wants to make a clean break. No more back and forth."

Certainly the VMAs performance didn't help matters, as Hemsworth reportedly found Cyrus' dance moves "mortifying."



Victoria Beckham

No bike for Becks

Victoria Beckham is the victim of bicycle theft. The designer and singer posted a photo to Twitter of the remaining wheel and lock for her bike in New York City.

"So I won't be riding home tonight then," she wrote along with the photo. "Searching for the missing bike!"

That's harsh.

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Artwork

What to do with mini Picasso's handy work

I have three kids, which basically means I have collected three million pieces of artwork over the years, ranging from the dioramas to a piece of scrap paper with a purple line across it.

To keep some order in my home, and avoid an artwork tsunami, I ask my children to pick a few really special projects — which go in a box — and then I photograph the rest. At the end of each school year, I create a simple photo book of the photos of all of the artwork.

No messy clutter. No mom guilt. **ALI MARTELL OF YUMMY-MUMMYCLUB.CA**



Getting rid of their masterpieces can be difficult. **ISTOCK**

Eczema

Simple solution

Bathing in warm water dries out a kid's skin and makes eczema worse. Babies and kids don't need to be bathed daily, so there's no medical reason to do this. This is good news for moms: one less task in the bedtime routine. **DR. KIM FOSTER OF YUMMYMUMMYCLUB.CA**

Exclusively online

Taking your toddler to the zoo: Read more **Reasons Mommy Drinks**, by Lyranda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, **Reasons Mommy Drinks**, in North American bookstores on Sept. 10.



Here comes the airplane ... or not

Tips. Kids need structure but they also need to feel like they have some control. Find a balance.

SARA REMMER, RD
Metro World News

When it comes to meal and snack times, it's important that parents take responsibility for the what, when and where of feeding. However, it's equally important that we let our toddlers and young children be responsible for the whether and how much of eating.

This is the cornerstone of Ellyn Satter's (author of *The Division of Responsibility of Feeding*, Registered Dietitian and Mental Health Specialist) philosophy when it comes to feeding toddlers.

The what

You get to decide what your toddler eats. Ideally, you should provide a variety of foods for nutritional balance with differ-

ent colours, flavours and textures. At family meals, your toddlers should be served the same foods that the rest of the family is eating (unless of course, they have a severe food allergy or intolerance). In other words, even if your toddlers are picky eaters, they should not receive a special meal.

Also, when they are old enough, try to include them in meal preparation, which helps them become more open to trying new foods.

The when

There should be structured meal and snack times on most days so that your toddler knows when to expect another chance to eat. Because toddlers have small tummies, ideally they should be offered food every three hours or so. This likely translates into three meals with snacks in between and, depending on bed time, before bed. This timing structure will help your toddler eat until he or she is comfortably full and develops a healthy appetite.

The where

When you are at home, meals and snacks should be eaten at



Parents should learn what they can and can't control when it comes to feeding their toddler. **ISTOCK**

a designated eating area, free from distractions. When children eat in front of a screen, they aren't focusing on their

food or their inner hunger/fullness cues. Establish one or two places (preferably at a table) where everyone in the family

eats. This will encourage more family meals and also provide more structure for your toddler.

The whether and how much

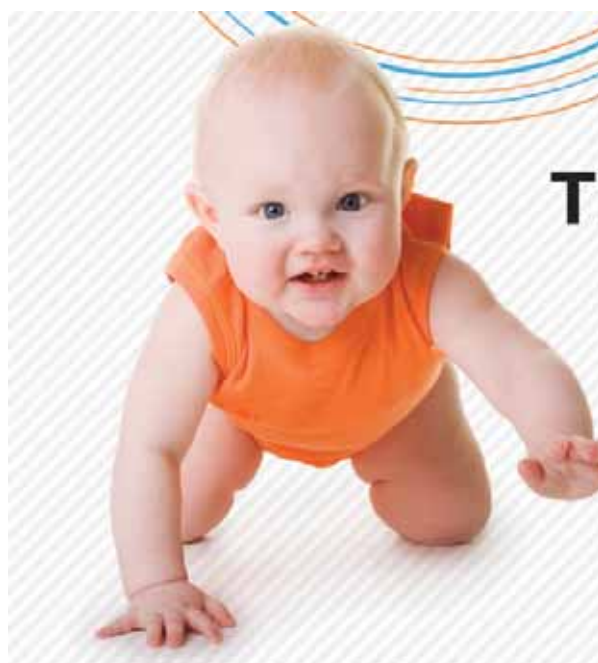
It is completely up to your children whether they eat what you've served and how much. I know this is really hard for parents, especially after we've spent time making a healthy, tasty meal or snack. But we need to take a step back and ensure there's no pressure, no forcing and no bribing.

We should also allow them to eat at their own pace, without pressure to "eat faster" or "keep up" with the rest of the family unless, of course, they're taking hours on end to finish a meal.

The good thing is toddlers and young kids will not let themselves starve. They are very intuitive when it comes to eating. If they don't eat much at one meal or snack, they'll make up for it in future meals or snacks or even days afterward.

We have to respect their hunger and fullness cues, because they do. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD**

3 TIPS



THE *loop.ca*

Parenting, Made Better

Literature to chill out your children

Rest and repeat.

New book combines illustrations, routine and nature to help children learn the value of restfulness

ALISON
BOWEN

Metro World News

Sometimes being a kid is tough. Even though someone is feeding you, clothing you and even carrying you around part of the time, a lot of worries can take over a little one's mind.

Thursday is National Relaxation Day, so we wanted to know how to help kids relax.

Lisa Hemmings, a massage therapist who teaches Chill Skills for Kids classes, and counsellor Allan O'Keefe hope to help with their new children's book. *Imagine Me with the Three Owls* encourages tots to bat away stress by using their imagination. With peaceful illustrations of nature, the book walks parents and children



Being a kid can be hard: Teach them how to unwind and chill out. iStock

through relaxation techniques.

Hemmings and O'Keefe provided Metro with some tips on how to help kids relax:

Simple belly breathing exercise

An easy way to relax our mind and body is to slow our breathing down to a steady rate. Start by asking your children to take some deep slow breaths. Con-

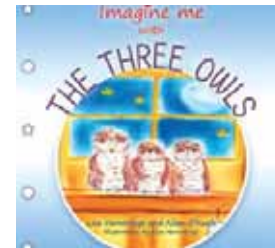
tinue until they settle. Then, ask them to put their hands on their belly. When they breathe in, they can feel their belly rise, and when they breathe out they can feel their belly drop. Keep doing this until they feel more relaxed and settled. This can be very useful for anxiety or panic attacks or just simply to wind down.

Chill out the body

Relaxing the muscles in our body from our toes to the top of our head is a great activity to help children relax or to help them with sleep. Find a quiet space. Start by sitting or lying down. Ask your child to close their eyes and relax the part of the body as you say it. Read from *Imagine Me with the*

Positive self talk

Affirmations. What we think influences how we feel and act. Positive thoughts can help children feel better about themselves so they can be calm. To help change the thoughts that they don't want to have and help put good thoughts in their minds, they can think of some affirmations — positive words that remind us of how we want to think, feel or act. Some examples include thinking, "I am calm," or "I am confident." Have fun making positive thoughts together with your child. It can take time and perseverance to learn to be positive.



Tell them to imagine they are watching the sun setting over the mountains. Then, for fun, ask them to share what they imagined or draw it.

Encourage expressing feelings

When children feel worried, they can feel alone, and if they can't share it with someone, it can lead to stress and anxiety. If they tell you they are feeling worried about an issue, always validate how they are feeling, which helps them feel safe to talk about things. Explore what they are feeling and what it is like for them. What is small to an adult can be big to a child. If they can't express it in words ask them to try drawing it, or use colours to describe how they feel.

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Grill your way into fall with Mexicali Steak



This recipe makes four servings. COURTESY THE CANADIAN PRESS

The back-to-school season means life can be frantic. But by grilling extra meat and vegetables on the barbecue, you'll have enough to make lunches the next day.

Serve these steaks carved into thin slices across the grain with steamed rice and kidney beans.

These also work well the next day. Set out warmed tortillas or flatbread plus a variety of toppings such as shredded cheddar, guacamole, diced tomatoes, sliced roasted sweet peppers and salsa. Carve grilled steak into thin slices and tuck into tortillas with toppings. Steak is best served at warm to room temperature

1. In a resealable freezer bag, combine lime peel and juice, orange juice, garlic, chutney and cumin. Pierce steak all over and place in bag with marinade. Marinate in the fridge for 4 to 12 hours.

2. Place steak on greased grill over medium-high heat (200 C/400 F); close lid and grill for 5 to 6 minutes per side for medium. Remove from heat. Tent with foil; let stand for 5 minutes.

3. Serve steak by carving into thin slices across the grain.
THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG

Ingredients

- 1 lime (grated peel and juice)
- 30 ml (2 tbsp) orange juice
- 10 ml (2 tsp) minced garlic (2 cloves) or 5 ml (1 tsp) garlic powder
- 30 ml (2 tbsp) mild or medium chutney
- 2 ml (1/2 tsp) cumin
- 500 g (1 lb) marinating steak (such as inside skirt, inside round or sirloin tip)

Healthy eating

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The cut of meat does count when it comes to these mini goodies. One contains an overload of calories, fat and sodium.



6 President's Choice mini wieners in pastry

450 calories / 33 g fat / 870 mg sodium

Wieners filled with nitrates and salts then wrapped in greasy puff pastry are not the best way to snack.

Equivalent

Six President's Choice mini wieners in pastry are equal in fat to one 375 g Pillars Kolbassa Sausage.



6 M&M mini bacon wrapped filet

240 calories / 16 g fat / 450 mg sodium

At half the calories, fat and sodium, a healthier app is a petit mouthful of filet mignon wrapped in a small amount of bacon.



Lunch. Beef and Fine Cheddar Wraps

Use very thinly sliced leftover grilled steak for the wraps so that they don't get too bulky when you're rolling them up. You can also use deli roast beef.

1. Spread each tortilla right to edge with 15 ml (1 tbsp) of the red pepper jelly. Top each with 50 ml (1/4 cup) shredded cheese, one-quar-

ter each of the watercress and beef and 30 ml (2 tbsp) cashew pieces. Season with pepper.

2. Roll up each tightly. Eat right away or wrap each in plastic wrap and refrigerate for up to 8 hours.

THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG

Ingredients

- 4 large flour burrito-size tortillas
- 50 ml (1/4 cup) red pepper jelly (hot or sweet)
- 250 g (8 oz) shredded aged cheddar
- 1 bunch watercress, arugula

- or handful of baby greens
- 500 ml (2 cups) shaved cooked beef steak (about 10 oz/280 g)
- 125 ml (1/2 cup) cashew pieces
- Pepper, to taste

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Bye mom and dad, hi new pad!

Home sweet dorm.

Expert advice on how to make the most of your new cinder-block palace

JULIA FURLAN
Metro World News in NYC

So you've left the nest and your childhood bedroom is poised to become a glorified storage closet for your family's things. Interior designer Tamara Dunner says the best way to make your new, tiny dorm room space feel like home is to decorate with care — with an eye toward colour, pattern and style.

What advice do you give to college students who want to make their new home a little brighter?

I think it's important when you're moving or relocating to bring some things from home. Bring your picture frames with photos of



Between studying, socializing and starting your new life, it's important to have a space to sit back and chill out. ISTOCK

all your friends. They don't have to be standard black picture frames; if you're more traditional, you can do a whitewashed finish.

What should students prioritize?

It's your first home away from home; it should be a secure place for you to come

after school where you feel comfortable. It's always hard that first year, so you want to emphasize that you want to personalize your own little cave, your own little place.

How about the walls?

You can get posters, but I know they (usually) won't

Cohabitant clash

Any tips on style conflicts between roommates?

- Chances are, you and your roommate the first year might not be best friends, so make your own separate area. My daughter was very into neon colours and the girl next to her was into lace and horses. You have a corner, and you pick one area and that's your space where you can show your personality.

- Mostly what happens is that you meet your roommate months before, and a lot of students will compromise. Decorating the room is putting your own individual style to it, which is important.

let you stick nails in the walls in the dorm. You can get light picture frames from Ikea or even take postcards and hang them on the wall. You can get Christmas lights to make it a little bit more funky.



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It's your career.
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Corrado tunes up for Canucks training camp

Prospect. Young defenceman could crack the NHL lineup to start the season



CAM TUCKER
cam.tucker@metronews.ca

Frank Corrado's progression through the Vancouver Canucks system to this point has become as much about remembering his recent past as it is projecting his future.

At this time last year, Corrado was in the Ontario Hockey League pre-season with the Sudbury Wolves.

The National Hockey League was on the verge of yet another lockout and Corrado, Vancouver's fifth-round pick from the 2011 draft, was preparing for the haul of the junior ranks.

No one could have predicted that by the spring he'd complete the hop, skip and jump from junior to the minor-league Chicago Wolves for

a brief period when his OHL playoff run came to an end, and then to the Vancouver Canucks late in the regular season and playoffs.

This month sees the now 20-year-old defenceman in Penticton for the Young Stars Classic; he entered the event as the prospect believed to have the best chance at cracking the Canucks lineup.

"It's great to be recognized and to know that you've got a shot," Corrado said.

"But at the same time, you never stop working. I use this as a tune-up for main camp so I can go in there and play my game and play well."

Corrado played seven games in total for the Canucks last season, using up a year in his entry-level contract.

Where, exactly, he plies his trade this season is to be determined.

There is a chance he could make the Canucks out of camp.

Another option is assigning him to Utica, where he could play every game and



Defenceman Frank Corrado is expected to challenge for a spot with the Canucks for the upcoming season. DALE MACMILLAN/GETTY IMAGES

pile up big minutes.

Corrado can't wait to find out.

"I feel like summer felt

longer this year just because I wanted to get back and get going here," he said. "Definitely excited for main camp."

Baseball

Canadians set up decisive Game 3

It's a winner-take-all for the Northwest League championship.

The Vancouver Canadians, two-time defending champs, forced a decisive Game 3 against the Boise Hawks thanks to a 4-2 win Sunday at Nat Bailey Stadium.

The third game of this best-of-three series will go Monday at The Nat.

Canadians second baseman Andy Fermin had two runs batted in, while Matt Dermody got credit for the win. **METRO**

Tennis

Williams wins again at U.S. Open

Top-seeded Serena Williams won her fifth U.S. Open championship and 17th Grand Slam title overall by beating No. 2 Victoria Azarenka 7-5, 6-7 (6), 6-1 in a windy final.

Sunday's match was the toughest test these two weeks for the No. 1-seeded Williams, who also beat Azarenka in three sets in last year's final. **THE ASSOCIATED PRESS**



Serena Williams jumps for joy on Sunday in New York City. GETTY IMAGES

CFL. Lions pluck Pierce from Winnipeg for WR Foster

The B.C. Lions picked up veteran, but often-injured quarterback Buck Pierce in a trade with the Winnipeg Blue Bombers on Sunday.

Going to Winnipeg is non-import receiver Akeem Foster, who has appeared in only one

game for the Lions this season. Foster was in his fourth season with B.C.

"We are heading into a critical part of our schedule and we need to improve significantly as a football team," general manager Wally Buono said in a

statement.

"Buck is a proven quarterback, an accomplished starter and a leader who has taken his teams into the playoffs and to a championship game. He will also give us a needed veteran presence in support of (current

starting quarterback) Travis Lulay."

Pierce spent five seasons with the Lions, from 2005 to 2009, making 34 starts. He signed with Winnipeg as a free agent in 2010.

CAM TUCKER/METRO

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Horoscopes

Aries

March 21 - April 20

You will meet some interesting people this week and if you want to be accepted into their group you are going to have to prove yourself.

Taurus

April 21 - May 21

You will be challenged by some powerful people today but you have what it takes to meet that challenge.

Gemini

May 22 - June 21

Mercury's change of signs indicates that the good times are coming back and by the end of the day you will be smiling again. Life is as good as you want it to be.

Cancer

June 22 - July 23

You may be tempted to suppress your natural instincts in order to complete a task that others need done but is that such a good idea?

Leo

July 24 - Aug. 23

Give yourself 100 per cent to whatever it is you have to do over the next few days. Forget about all the little things that you COULD be doing – there is one thing and one thing only that you SHOULD be doing.

Virgo

Aug. 24 - Sept. 23

You have major obligations that cannot be run away from, so start the week in a serious frame of mind and make sure you get on top of your tasks from the word go. The sooner you start the sooner you win.

Libra

Sept. 24 - Oct. 23

As Mercury moves into your sign today your confidence will start to pick up and you may be tempted to take a few risks. Don't.

Scorpio

Oct. 24 - Nov. 22

If someone offers you something for nothing today there may very well be a catch, but it's just as likely they want you to share in their good fortune.

Sagittarius

Nov. 23 - Dec. 21

Take time out from your busy schedule to focus on things that make you happy. You have done so much for other people in recent weeks that you have neglected your own needs and desires. Time to make up for it.

Capricorn

Dec. 22 - Jan. 20

Do what you feel like doing today, even though others may frown and tell you that you're losing your competitive edge. It's not true, of course. Even a go-getter like you needs to slow down once in a while.

Aquarius

Jan. 21 - Feb. 19

Do something dramatic today, something that makes the world sit up and take notice.

Pisces

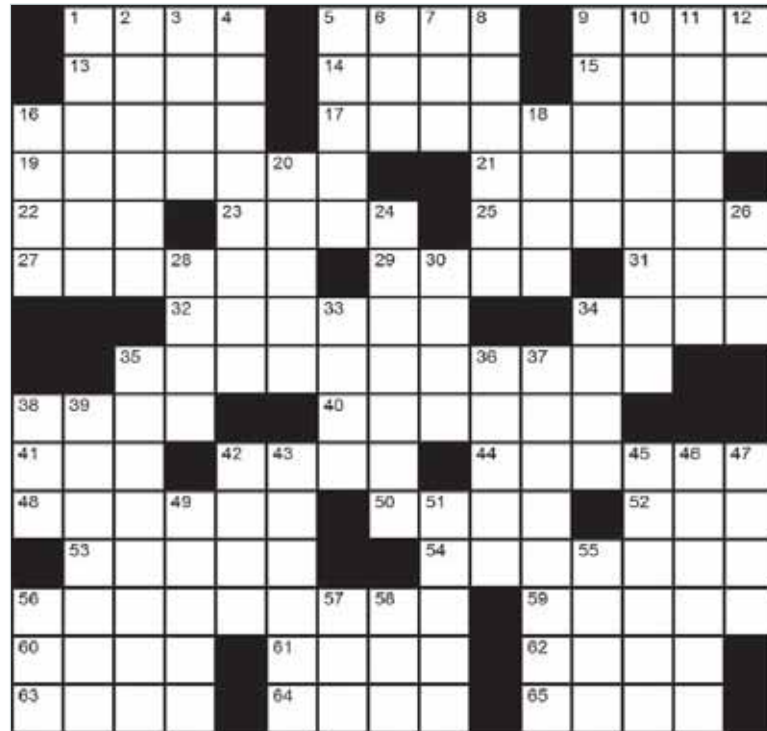
Feb. 20 - March 20

Let other people guide you today. Where money and business matters are concerned, in particular, the planets warn you don't have the necessary know-how to make decisions that will benefit you, so listen to the experts. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Irish actor Mr. Townsend, et al.
- Gym bag item
- Elbe tributary
- Alphabetic sequence
- Thomas Edison's middle name
- Whirl
- Loup-__ (Were-wolf, in French)
- Simulated combat game to 'dye' for
- "On My Own" singer in Les Misérables
- "__ say more?"
- How non-prescription meds are sold [acronym]
- Carpentry tool
- Friend from way back: 2 wds.
- Mini racing vehicle
- Pots
- 'Benedict' suffix
- Theatre: Spanish
- Preposition
- 2014 Spring __ (What designers are showcasing at New York Fashion Week)
- Greyish
- Street for Big Bird
- Margaret of laughs
- Montreal-born humourist Mort
- Watered the plants with a light spray
- Travel by __ (Choo! Choo!)



- Gwaii and mainland BC, __ Strait
Scientific spots
Lennon's love
"__ Gantry" (1960)
Gist
Furnishings
Thoughts
Travel by __ (Choo! Choo!)

- Bubbly chocolate bar
Load
About, on a company memo: 2 wds.
Throw for a __ (Astonish)
Scruff

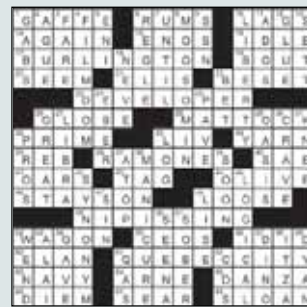
Down

- Awake or become focused: 2 wds.
- "For Those About __ (We Salute You)" by AC/DC
- Knowledgeable about: 2 wds.
- Tree-climbing critter

- Records
__ mode
Nero's 56
Artillery gun on wheels
Spherical
"Don't It Make Ya Feel" band from Vancouver
Dependent

- Annex
Subj. with maps
Business contact nos.
Birth-related
Range in British Columbia, __ Mountains
Mr. DiCaprio, to pals
This Is Not __ (Label warning)
Goes bad, as food
Musician/radio personality John
Loonies
Canadian Hip-Hop star
Poetic feet
Something neglected to be done
"Oh!" in Germany
Taylor Swift's duet partner on "Everything Has Changed", Ed __
Footprint
Of the air
Get in shape: 2 wds.
Cover
John and Jane
Plentiful
He's simply fabulist!
John Diefenbaker's first wife
Prefix to 'angle'
Keanu's 'Matrix' role
Miracle-__ (Gardening product)

Friday's Crossword

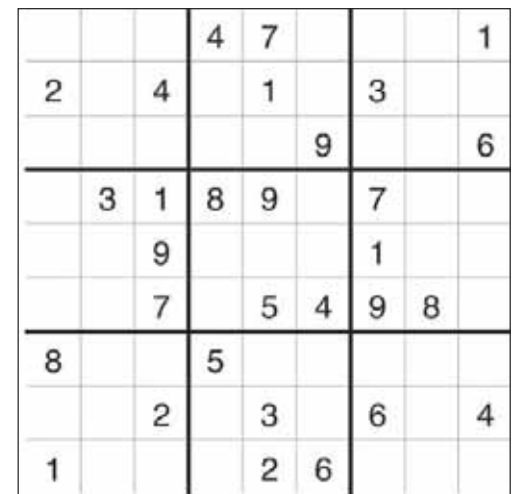


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today 21°/16°
Mainly sunny

Tuesday 23°/18°
Sunny

Know what the weather
will be 14 days from now.
Check the 14 day trend.

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SAMSUNG

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SEPTEMBER
9th - 12th

**** If we already haven't, we will match or beat any lower advertised price! ****



SAMSUNG 21.6 Cu. Ft. Bottom Freezer Refrigerator

Model: RL220
Dimensions: 30" W x 66.8" H x 34.3" D

MSRP
\$1599

SALE PRICE
STAINLESS STEEL
\$1199

Subtract \$110
for White or Black



SAMSUNG 21.6 Cu. Ft. French Door Refrigerator

Model: RF220NCTA
Dimensions: 30" W x 65.4" H x 34" D

MSRP
\$1599

SALE PRICE
STAINLESS STEEL
\$1399

Subtract \$200
for White



SAMSUNG 25.5 Cu. Ft. 4-Door French Door Refrigerator

Model: RF4267HARS
Dimensions: 32.6" W x 69.75" H x 36.25" D

MSRP
\$2799

SALE PRICE
STAINLESS STEEL
\$2199



SAMSUNG 30" Electric Range, 5.9 Cu Ft.

Model: FE-B400
Colors: Stainless Steel, White, or Black

MSRP
\$999

SALE PRICE
STAINLESS STEEL
\$749

Subtract \$110
for White or Black



SAMSUNG 30" Electric Convection Range, 5.9 Cu Ft., FlexDuo Double Oven

Model: NE598R1A0SR
Color: Stainless Steel

MSRP
\$1599

SALE PRICE
\$999



SAMSUNG 30" Gas Freestanding Range, 5.8 Cu Ft.

Model: FX5100GS
Color: Stainless Steel

MSRP
\$1599

SALE PRICE
\$1199



SAMSUNG Laundry Pair

27" Front-Load Washer with 3.6 Cu.Ft. Capacity and 27" Electric Dryer with 7.3 Cu. Ft. Capacity

Models: WF3618VB0WR / DV361EW0WR
Color: White

MSRP
\$1499

SALE PRICE
\$1199

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SAMSUNG Laundry Pair

27" Washer, 3.6 Cu. Ft. with Deep Steam Cycle and 27" Electric Dryer with 7.3 Cu. Ft. Capacity, Steam Dry

Models: WF3658TBGSF / DV365ETBGSF
Color: Stratus Gray

MSRP
\$1899

SALE PRICE
\$1599



SAMSUNG Laundry Pair

27" Washer, 4.29 Cu. Ft. Capacity, PowerFoam Steam Washing and 27" Electric Dryer, 7.5 Cu. Ft. Capacity, Steam Dry Technology

Models: WF457AR0SGR / DV457CV0SGR
Color: Charcoal

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moffat 28" Top Mount Refrigerator, 16.6 Cu. Ft.

Model: MTS17DBEWW
Color: White
Dimensions: 28" W x 64.75" H x 31" D

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moffat 30" Bottom Mount Refrigerator, 20.2 Cu. Ft.

Model: MBRC0GAXW
Color: White
Dimensions: 30" W x 67.5" H x 34" D

SALE PRICE
\$699



moffat 5.0 Cu. Ft. Chest Freezer, Adjustable Temp Control

Model: MCMSSUWW
Color: White

SALE PRICE
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moffat 24" Moffat Electric Range

Model: MCAS724MWW
Color: White

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moffat 30" Electric Self-Clean Range

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moffat 27" Top Load Washer, 4 Cu. Ft. Capacity and 27" Front Load Dryer, 6.0 Cu. Ft. with Auto Dry

Model: MTAP1103PWW / MTMX060EWW
Color: White

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